

Walking!

It looks like the rain is finally gone and it hasn't gotten crazy hot yet, so let's get out and walk. This month's newsletter is focused on your physical well-being and a pretty easy way to start is by adding some extra walking into your day. Walking is good for your physical well-being, but also taking a break from studying and going for a walk can help you clear your mind, increase your energy and refocus. Next time you need to have a meeting with colleagues, make it a walking meeting. Walk with a friend and you have a social support moment as well. So much wellness in one activity!!! Oh and for you competitive souls – you could have a nice competition about who could walk further this month. For all you scientists out there, the research data supports the benefits of walking. A metaanalysis found positive effects on systolic and diastolic blood pressure; resting heart rate; body fat; body mass index; total cholesterol and depression- benefits for your physical and emotional health.



The Harvard newsletter highlighted the benefits of walking: It counteracts the effects of weight-promoting genes; reduces cravings and intake of a variety of sugary snacks; reduces the risk of developing breast cancer; eases joint pain; and boosts immune function. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those

who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

These findings mean we don't have to get out and run 5 miles a day to impact our health. Yeah!
<https://www.ncbi.nlm.nih.gov/pubmed/25601182>
<https://www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking>

By Dr. Margaret Rea

The surgeon general extolls the benefits from walking in the initiative [Step it up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities](#) to increase walking by working together to increase access to safe and convenient places to walk and wheelchair roll and to create a culture that supports walking for all Americans. "Walking does not require special skills, facilities, or expensive equipment and is an easy physical activity to begin and maintain as part of a physically active lifestyle. Most people are able to walk, and many people with disabilities are able to walk or move with assistive devices, such as wheelchairs or walkers. Walking has a lower risk of injury than vigorous-intensity activities. Walking also may be a good way to help people who are inactive become physically active because walking can be easily adapted to fit one's time, needs, and abilities."
<https://www.cdc.gov/physicalactivity/walking/call-to-action/index.htm>.

As you prepare to start a walking routine, Mayo clinic offers helpful tips on: technique; your routine; reasonable and realistic goals; the importance of tracking progress (the app below can help with that); and ways to stay motivated.
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>

Now let's get you walking. Consider trying the two UC Davis Health paths. There is the .5-mile Moore Path loop. This is a great option for a 15-minute break. Follow the green markers. There is also the 1-mile ACC loop, follow the blue markers. Or just track your steps on a typical day in the hospital and you will be surprised at how much you walk.
<https://healthy.ucdavis.edu/physical-activity/walk>

Wellness Events

Work Life and Wellness Events

<http://www.ucdmc.ucdavis.edu/hr/wellness/index.html>

UC Living Fit Forever

http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml

The Schwartz Center Rounds

A multidisciplinary forum where clinical caregivers discuss social and emotional issues that arise in caring for patients. Occurs the 4th Tuesday of every month at the Cancer Center Auditorium:

<https://intranet.ucdmc.ucdavis.edu/palliativecare/schwartz.shtml>

UC Davis Health Farmers Market is back!

Every Wednesdays 3-7pm
Ed. Bldg. Outdoor Quad

June Action Calendar

This Joyful June Action Calendar has daily suggestions to do in June to promote happiness.

<https://www.actionforhappiness.org/>



Wellness Tip: Walking Meditation

There is another way you can also combine the physical benefits of walking with your emotional health. Consider including a walking meditation that can connect you back to the environment around you and help you get out of your head for a few moments. Like many mindfulness activities, it slows you down for just a few moments and lets you in turn refocus:

- 1. As you begin, walk at a natural pace.** Place your hands wherever comfortable: on your belly, behind your back, or at your sides.
 - If you find it useful, you can count steps up to 10, and then start back at one again. If you're in a small space, as you reach ten, pause, and with intention, choose a moment to turn around.
 - With each step, pay attention to the lifting and falling of your foot. Notice movement in your legs and the rest of your body. Notice any shifting of your body from side to side.
 - Whatever else captures your attention, come back to the sensation of walking. Your mind will wander, so without frustration, guide it back again as many times as you need.
 - Particularly outdoors, maintain a larger sense of the environment around you, taking it all in, staying safe and aware.
- 2. Now for a few minutes, expand your attention to sounds.** Whether you're indoors, in the woods, or in a city, pay attention to sounds without labeling or naming, or getting caught up in whether you find them pleasant or unpleasant. Notice sounds as nothing more or less than sound.
- 3. Shift your awareness to your sense of smell.** Again, simply notice. Don't push or force yourself to feel anything at all, just bring attention to the sense of smell, whatever you discover.
- 4. Now, move to vision:** colors and objects and whatever else you

see. Patiently coming back each time something grabs your attention, or even if something needs addressing, like avoiding an obstacle. Staying natural, not overly rigid, not daydreaming and drifting, but with sustained awareness.

5. Keep this open awareness of everything around you, wherever you are. Nothing to do, nothing to fix, nothing to change. Fully aware, and walking.

6. In the last moments, come back to awareness of the physical sensations of walking, wherever else your mind found itself throughout the practice. Notice your feet again touching the ground. Notice again the movements in your body with each step. When you're ready to end your walking meditation, stand still for a moment again. Pausing, choose a moment to end the practice. As you finish, consider how you might bring this kind of awareness into the rest of your day.

<https://www.mindful.org/daily-mindful-walking-practice/>



Monthly Recipe from the UC Davis Community

"I'm Chelsea Dappen, and I'm the new Learning Specialist at OSLER in the School of Medicine. I'm from a town called Scottsbluff, Nebraska. No, it isn't near Omaha or Lincoln, but on the other side of Nebraska near the Wyoming border where the buses don't run. I've been in California for 4 ½ years now, and I'm thrilled I don't have to deal with snow or risk losing limbs in the cold. I'm so excited to be a part of the UC Davis community. Besides cows and corn and the vast blanket of sky, Nebraska is home to a fast-food chain called

Runza®. They serve your standard fast-food fare, but what they are really famous for are cabbage burgers. Imagine a pocket of dough filled with ground beef, cabbage, onions, and spices, and you've discovered a cabbage burger. I hated these as a kid. I thought it was weird and gross, and could only result in what doctors call "GI disturbance." It's funny how growing into adulthood, with a pinch of nostalgia, can change taste buds. By the way, the picture is me standing at the Scottsbluff National Monument "



<https://faithfamilyandbeef.com/2015/03/cabbage-burgers.html>

Wellness App: Map My Walk



Track and map every walk with MapMyWalk. For every mile you go, you'll get feedback and stats to help you improve your performance. Discover new workout routes and save or share your favorites, and get inspired to reach new walking goals with a 40 million member strong community of athletes. Whether you're a beginner on your first long walk or a pro, you'll find the features and tools you need to stay on track and motivated along the way.

- Get audio feedback on every GPS-tracked walk and view the route you took on the map.
- Choose from over 600 different sports to keep a full log of all your activities.
- Use the Routes feature to find nearby places to walk, save your favorite paths, add new ones and share them with others.
- Sync your data with the hottest apps and wearables-
- Take control of your nutrition by connecting with MyFitnessPal
- Stay up-to-date with friends and motivate each other.

<https://itunes.apple.com/us/app/map-my-walk-gps-walking-step/id307861492?mt=8>